

# NUTRITIONAL VALUES and SPEED

Moduline technology with pressure cooking, ensures **much lower cooking times and preserves the nutritional values of food.**

Meat remains soft, vegetables do not waste away, the dispersion of vitamins and mineral salts is much less compared to cooking in water.

| VEGETABLES<br>AND KEY<br>NUTRIENTS<br>mg per 100 gr of the edible part             |               | RAW | COOKING     |               | COOKING<br>(% of nutrients lost) |               |
|------------------------------------------------------------------------------------|---------------|-----|-------------|---------------|----------------------------------|---------------|
|                                                                                    |               |     | IN<br>WATER | WITH<br>STEAM | IN<br>WATER                      | WITH<br>STEAM |
| Potatoes                                                                           |               |     |             |               | %                                | %             |
|    | Potassium (k) | 570 | 285         | 470           | 50,0                             | 17,5          |
|                                                                                    | Calcium (Ca)  | 10  | 5           | 8             | 50,0                             | 20,0          |
|                                                                                    | Phosphate (P) | 54  | 31          | 50            | 42,6                             | 7,4           |
|                                                                                    | Vitamin C     | 15  | 6           | 8             | 60,0                             | 46,7          |
| Green beans                                                                        |               |     |             |               | %                                | %             |
|    | Potassium (k) | 280 | 160         | 227           | 42,9                             | 18,9          |
|                                                                                    | Iron (Fe)     | 0,9 | 0,6         | 0,8           | 33,3                             | 11,1          |
|                                                                                    | Phosphate (P) | 48  | 33          | 39            | 31,3                             | 18,8          |
|                                                                                    | Vitamin C     | 16  | 9           | 12            | 43,8                             | 25,0          |
| Peas                                                                               |               |     |             |               | %                                | %             |
|   | Potassium (k) | 300 | 190         | 260           | 36,7                             | 13,3          |
|                                                                                    | Iron (Fe)     | 1,7 | 0,9         | 1,4           | 47,1                             | 17,6          |
|                                                                                    | Vitamin C     | 32  | 19          | 23            | 40,6                             | 28,1          |
| Spinach                                                                            |               |     |             |               | %                                | %             |
|  | Potassium (k) | 530 | 290         | 400           | 45,3                             | 24,5          |
|                                                                                    | Iron (Fe)     | 2,9 | 1,8         | 2,6           | 37,9                             | 10,3          |
|                                                                                    | Vitamin C     | 54  | 26          | 43            | 51,9                             | 20,4          |

| VEGETABLES AND KEY NUTRIENTS<br>mg per 100 gr of the edible part                    |              | RAW | COOKING  |            | COOKING<br>(% of nutrients lost) |            |
|-------------------------------------------------------------------------------------|--------------|-----|----------|------------|----------------------------------|------------|
|                                                                                     |              |     | IN WATER | WITH STEAM | IN WATER                         | WITH STEAM |
| Broccoli                                                                            |              |     |          |            | %                                | %          |
|    | Calcium (Ca) | 93  | 51       | 78         | 45,2                             | 16,1       |
|                                                                                     | Vitamin C    | 54  | 32       | 44         | 40,7                             | 18,5       |
| Artichokes                                                                          |              |     |          |            | %                                | %          |
|    | Vitamin C    | 12  | 5        | 9          | 58,3                             | 25,0       |
|                                                                                     |              |     |          |            |                                  |            |
| Carrots                                                                             |              |     |          |            | %                                | %          |
|   | Vitamin C    | 4   | 2        | 3          | 50,0                             | 25,0       |
|                                                                                     |              |     |          |            |                                  |            |
| Cauliflower                                                                         |              |     |          |            | %                                | %          |
|  | Vitamin C    | 59  | 28       | 48         | 52,5                             | 18,6       |
|                                                                                     |              |     |          |            |                                  |            |

**NOTE:** The table is meant to represent how the choice of cooking method can affect the quality and quantity of nutrients present in the original food. These values may not be used for calculations for diets and/or nutritional value/calories listed on the label.

|                                                                                    | PRODUCT             | QUANTITY | COOKING TIME |
|------------------------------------------------------------------------------------|---------------------|----------|--------------|
|  | Potatoes (quarters) | 12 kg    | 6'           |
|  | Green beans         | 8 kg     | 3'           |
|  | Broccoli            | 8 kg     | 1'           |
|  | Carrots             | 8 kg     | 3'           |
|  | Cauliflower         | 8 kg     | 3'           |
|  | Frozen Spinach      | 8 kg     | 2'           |

|                                                                                     | PRODUCT            | QUANTITY | COOKING TIME |
|-------------------------------------------------------------------------------------|--------------------|----------|--------------|
|  | Salmon             | 6 kg     | 3'           |
|  | Codfish            | 6 kg     | 3'           |
|  | Mussels            | 6 kg     | 2' 30"       |
|  | Sliced Beef        | 8 kg     | 75'          |
|  | Poultry (quarters) | 8 kg     | 30'          |
|  | Rice               | 6 kg     | 13'          |

**NOTE:** Cooking time refers to when the cavity reaches the set temperature.